



**FOR IMMEDIATE RELEASE**  
Office of Public Safety, Health & Welfare

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**CONTACT:**  
Ted Jankowski  
203-977-4151  
TJankowski@stamfordct.gov

**City Agencies Prepare for the Coronavirus Disease (COVID-19)**

STAMFORD, CT – Mayor David Martin announced that the City of Stamford continues to take active preparedness steps to protect against and respond to potential Coronavirus (COVID-19). Public Safety and other City officials, Stamford Hospital, school and religious representatives have met in the Emergency Operations Center to discuss and prepare for the possibility of Coronavirus transmission in Stamford. As of today, there have been no reports of any such case in Stamford or in the State of Connecticut.

Mayor David Martin stressed the importance of education along with continued preparedness and response training. “The City of Stamford has been tracking and preparing to safeguard the community and first responders from COVID-19 for several weeks,” said Mayor Martin, “during this time frame, we have been working closely with state health officials, emergency medical responders and Stamford Hospital to provide for a coordinated response.”

The Director of Public Safety, Health and Welfare Ted Jankowski stated, “Stamford’s first response agencies and Stamford Hospital are professionals who are prepared and trained to respond to events and emergencies. We are working with each department to update training as necessary and provide appropriate protective equipment for response. We ask residents to prepare and follow the recommendations of the Department of Health, the State and the CDC.”

The Stamford Department of Health and City officials have been working with the CT Department of Public Health (DPH), City response agencies, and Stamford Hospital, to conduct epidemiologic investigations and to educate concerned residents about the Coronavirus.

Dr. Jennifer Calder, the Director of Health stated, “It is important for the public to know that this infection looks very similar to influenza so if you have not taken your flu shot, you can still get one. The primary way to prevent infecting yourself is by washing your hands with soap and water or using a hand sanitizer and staying away from people who are sick. The Department of Health will continue to work with local, state, and federal partners to review preparedness measures and response protocols, as well as to provide the public with up-to-date information.”

**What are the symptoms of COVID-19?**

- Fever
- Cough
- Shortness of breath

Symptoms may appear anywhere from 2 to 14 days after exposure.

**What can you do to help the response to this emerging threat?**

- Voluntary Home Isolation: Stay home and keep your children at home when you or they are sick with respiratory disease symptoms. Call yours or your child's medical provider and seek advice.
- Respiratory Etiquette: Cover coughs and sneezes with a tissue, then throw it in the trash can.
- Hand Hygiene: Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.
- Environmental Health Action: Routinely clean frequently touched surfaces and objects.
- Travellers to affected countries should follow the advice that they are given by their Local and State Departments of Health. If you develop a fever, cough or shortness of breath within 14 days of arriving in the United States from an affected country, please call the Stamford Department of Health at 203-977-4398 during business hours or 203-977-5555 after hours.
- People who have had contact with someone infected with COVID-19 and develop symptoms, should contact their healthcare provider, and tell them about their symptoms and their exposure to a COVID-19 patient.
- Have a family plan: Develop a family plan if you and or your family will need to stay home for an extended period of time.
- Have a business plan: Develop a business plan should you need to close temporarily or your workers are unable to come to work.
- Healthcare providers should be on the lookout for people presenting with a fever and respiratory illness who recently traveled to affected geographic areas (See the CDC website for the most recent listing of those countries).
- Healthcare providers caring for a 2019-nCoV patient, should take care of their own health and follow recommended infection prevention procedures.

Routine use of these measures by individuals, their families, and businesses will increase community resilience and readiness for responding to an outbreak.

**Please refer to the following for more information:**

City of Stamford website "COVID-19 Information for Stamford Residents"

<https://www.stamfordct.gov/public-safety-health-welfare/pages/covid-19-information-for-stamford-residents>

CT Department of Public Health Website

<https://portal.ct.gov/DPH/Public-Health-Preparedness/Main-Page/2019-Novel-Coronavirus>

CDC Website

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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